

## Rafting

Program information and driving instructions will be mailed prior to trip start date. Trip times include equipment fitting, instruction, lunch, and actual time on the water. Fee is per person.

### Nisqually River Float

Join us for a leisurely float on the historic river that served as a pathway to Indians and settlers. We'll follow meandering river channels through a flood plain of unsurpassed natural beauty. Wildlife is often seen along the riverbanks. Experienced guides steer professional quality rafts. Fee includes all rafting equipment and a fantastic buffet lunch. No experience necessary. Program letter with directions will be mailed prior to class.

Instr: Wildwater River Tours. Fee: \$65R/\$78N.

Class#	Age	Time	Days	Date
13451	6+ yrs	12-4:30pm	Sunday	Aug 22

### Wenatchee Whitewater Rafting Trip

The sunny side of the Cascades is a definite splash. Roller coaster action and generally sunny weather makes this snow-fed river a favorite for river runners. You'll experience commanding scenery that includes apple orchards and tall bluffs. The whitewater maneuvering in 'Boulder Bend, Rock & Roll, Drunkards Drop, and Snow Blind' rapids will certainly capture your attention. Experienced guides steer self-bailing paddle rafts. Rafting equipment and a delicious buffet lunch are included. Neoprene wet suit (\$10) and booties (\$5) are available for an additional fee at the river. Please provide height, weight and shoe size when registering. Program letter with directions will be mailed prior to class. Instr: Wildwater River Tours. Fee: \$55R/\$66N.

Class#	Age	Time	Days	Date
13442	10+ yrs	9am-2pm	Sunday	May 23
13443	10+ yrs	9am-2pm	Sunday	Jun 27
13444	10+ yrs	9am-2pm	Sunday	Jul 11



## Whale Watching



## Whale Watching

### Whale Watching in the San Juans

We teamed up with Island Adventures, one of the most experienced and dedicated whale watching companies in the Northwest, to provide a grand day at sea!

Transportation is provided from the Old Redmond Schoolhouse Community Center to Anacortes, where we will meet the Island Explorer II, arguably the best wildlife viewing boat in the area, with its spacious upper & lower decks and indoor & outdoor seating. We'll cruise the San Juans between 11am and 5pm. There will be binoculars for you to share on board, or bring your own. Don't forget a lunch (or buy one on the boat), snacks and a camera, too. You're guaranteed to see a whale, so sign up today! Fee is per person.

Instr: Island Adventure. Loc: Old Redmond Schoolhouse Community Center Parking Lot. Fee: \$65R/\$78N.

Class#	Age	Time	Days	Date
13895	5+yrs & parent	8:30am-7pm	Saturday	May 22



## Idylwood Park

3650 West Lake Sammamish Parkway NE

If you enjoy swimming, playing catch, throwing a Frisbee, or just soaking in the sun, visit Idylwood Park this summer. **Redmond's beautiful beach-front park on Lake Sammamish will have lifeguards on duty 12pm-7pm daily from Saturday, June 26 through Sunday, August 29, 2004.**



## Lifeguard Positions Available

Applications for lifeguard positions will be accepted until all positions are filled. For more information about lifeguard positions, or the Idylwood Beach Program, please contact Cindy Johnson, Program Administrator, at [cjohnson@redmond.gov](mailto:cjohnson@redmond.gov) or 425-556-2393.



## FARREL-McWHIRTER PRESCHOOL

Quality Preschool Education for your child . . . The Farrel-McWhirter Preschool is nestled in a natural setting of working farm and ever-changing forest. The preschool program promotes children's social, physical, and cognitive growth in a secure, creative, and stimulating environment. Caring and experienced teachers design programs to meet the developmental needs of each child. Our curriculum includes language, language, math, science, art, music, movement, and environmental education, coordinated into theme-based units. Children gain independence and self-esteem, as they are encouraged to be active participants in a supportive preschool environment.

### Preschool - Creative Play Full - Wait List

Must be 3 by August 31, 2004.

Instr: Regina Puckett. Loc: Farrel-McWhirter Park Farrel House. Fee: 10 payments of \$109R/\$131N.

Class#	Age	Time	Days	Date
6815	3-4 yrs	9-11:30am	Tue, Thu	Sep 7-Jun 2

### Preschool - Preschool Adventures Full - Wait List

Must be 3 by February 28, 2004.

Instr: Regina Puckett. Loc: Farrel-McWhirter Park Farrel House. Fee: 10 payments of \$147R/\$176N.

Class#	Age	Time	Days	Date
6815	3 1/2-5 yrs	9-11:30am	Mon, Wed, Fri	Sep 8-Jun 3 & parent

### Preschool - Pre-K Discoveries Full - Wait List

Must be 4 by August 31, 2004.

Instr: Regina Puckett. Loc: Farrel-McWhirter Park Farrel House. Fee: 10 payment of \$170R/\$204N.

Class#	Age	Time	Days	Date
6815	4-5 yrs	12:30-3:30pm	Mon, Wed, Fri	Sep 8-Jun 3

### Registration Information:

Registration began in February for 2004-2005 preschool classes. Call for registration information and to be placed on our wait list.

Ages listed will be strictly adhered to in order to maintain classroom integrity. Children must be potty trained by class start date.

You may obtain a Preschool Parent Information Guide at the Redmond Parks and Recreation Department by calling 425-556-2300.



# Day Camp on the Farm for Youth with Diabetes

## Summer Day Camps for Youth With Diabetes

Farrel-McWhirter is hosting the 4th Annual Day Camp on the Farm for Youth with Diabetes. This camp combines fun on the farm with education for youth who have diabetes. A staff member who understands the challenges of living with diabetes on a daily basis designed this program. Activities include but are not limited to feeding farm animals, nature projects, hayrides, learning how to manage diabetes in conjunction with recreation, how to build a healthy lifestyle, and making friends with other campers that understand the challenges of being diabetic. This is not a camp managed by medical experts, but rather persons that understand what it is like to grow up with Type I Diabetes. Additionally, we are offering a chance to spend the night (parent participation required) at Farrel-McWhirter Park! Dress for the weather and for being on the farm. Program letter mailed prior to camp. Instr: Sarah Mulder. Loc: Farrel-McWhirter Park Operations Building. Fee: \$130R/\$156N.

Class#	Age	Time	Days	Date
13779	6-11 yrs	4:30-7pm	Tue-Sat	Aug 3-7

Day Camp

## Counselor-In-Training Program

*Do you enjoy working with kids? Did you love going to camp when you were younger, but now you're just a little too old to attend? Have you ever thought about being a camp counselor, only to learn you don't meet the minimum age requirement? Look no further, the Counselor-In-Training (CIT) Program is for you!*

*Designed to help prepare young adults for their first REAL job, the CIT Program offers valuable leadership opportunities and work experience. Trained CITs will provide assistance for Camp Counselors and learn to work with children in a day camp setting.*

*After completing the CIT Program participants are eligible to sign up for weeklong sessions at either Farrel-McWhirter Park or the Old Redmond Schoolhouse Community Center (ORSCC) Day Camps.*

*Farrel-McWhirter helpers must be 13 years of age or older to work with campers ages 3 to 9. ORSCC helpers must be 15 years of age or older to work with campers ages 6 to 12.*

*CIT application packets will be available starting Monday, April 5, 2004. Contact Cindy Johnson at [cjohnson@redmond.gov](mailto:cjohnson@redmond.gov) or 425-556-2393 for more information or to request a packet.*



## Employment Opportunities

The City of Redmond Parks & Recreation Department has great seasonal opportunities available.

Apply to be one of the following:

- Day Camp Leader
- Special Event Assistant
- Parent/Child Class Instructor
- Farrel-McWhirter Farm Pony Class Instructor/Maintenance Aide
- Sports Camp Leader
- Specialized Recreation Day Camp Leader
- Idylwood Beach Lifeguard

For descriptions and applications, please visit our website at [www.redmond.gov](http://www.redmond.gov) or call 425-556-2300 x3.



## What's Cooler than Cool? Our Hot Summer Camps

### RIGHT BRAIN Summer Art Intensive

Talented local artists will lead creative teens through a week of art workshops and field trips, focusing on technique, skill building, and local art resources.

Instr: Staff. Loc: Old Fire House Teen Center Class Room. Fee: \$156R/\$187N.

Class#	Age	Time	Days	Date
13918	13-19 yrs	10am-5pm	Mon-Fri	Jul 19-23

### Let's Rock - OFH Music Camp

If you want to learn more about the music industry, whether it be booking shows, recording a CD, getting the best sound out of your instrument, writing songs, or anything else, this is the camp for you. We have professionals in all avenues of the music industry coming in to tell you what it is all about! Don't miss out, this camp is going to be fun.

Instr: Staff. Loc: Old Fire House Teen Center Music Media Lab. Fee: \$275R/\$300N.

Class#	Age	Time	Days	Date
13933	13-19 yrs	10am-5pm	Mon-Fri	Jul 26-30

### Summer Skate Intensive

Join local skater Blair Taylor for an entire week perfecting your skate tricks, learning about skate history, and touring local skate parks.

Instr: Staff. Loc: Old Fire House Teen Center Program Room. Fee: \$117R/\$140N.

Class#	Age	Time	Days	Date
13935	13-19 yrs	10am-5pm	Mon-Fri	Aug 2-6

### Westport Adventure Teen Trip

We're camping out at Twin Harbors State Park on the Olympic Peninsula. We're talking fun in the sand, bonfires on the beach, and cool hikes on the shore.

Instr: Staff. Loc: Old Fire House Teen Center Parking Lot. Fee: \$59R/\$71N.

Class#	Age	Time	Days	Date
13912	13-19 yrs	Leave 10am	Thursday	Aug 26
		Arrive back 8pm	Friday	Aug 27

### Martial Arts Teen Week

Students of all levels, from beginner to advanced, will enjoy practicing martial arts, learning about its history, and creating origami. Arts from Korea (Taekwondo, Hapkido), Japan (Aikido), and China (Tai Chi) will be explored in a safe, fun, and empowering environment. Excellent exercises for fitness, health, and beginning self defense! Jason and Sabrina Mix, 5th and 3rd degree black belts, have a peaceful teaching style, and have led successful martial arts camps for over 12 years. Additional \$10 fee payable to instructors on first day to cover snacks, T-shirt, and art supplies. Demo for parents on Friday night of camp, 7pm. Questions welcome [sabrina@enso-center.org](mailto:sabrina@enso-center.org)

Instr: Trained Staff Enso Center.

Loc: ENSO Center 8410 165 Ave NE, Redmond.

Fee: \$135R/\$162N.

Class#	Age	Time	Days	Date
13452	13-18 yrs	10am-2pm	Mon-Fri	Aug 2-6



## Dance

### Tap - Lunchtime

Continuing class, for students with previous tap experience. Join this low stress, high-energy class to learn new steps and combinations while enjoying the benefits of this fun way to exercise. Warm up and cool down included. Tap shoes required. NOTE: We will work exclusively on production for the Spring Recital; a \$5 supply fee is included. See page 22 for recital information. Instr: Thea Huijgen. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$90R/\$108N.

Class#	Age	Time	Days	Date
13231	15+ yrs	12-1pm	Thursday	Apr 22-Jun 10

### Dance Workout

Looking for a great way to get some exercise and have fun? Here's your chance! Class format is a no- barre warm-up with ballet/jazz stretching and exercises. Across the floor work focuses on technique and strength all to pop/eclectic music. Best for those with dance background (even if it was many years ago) but open to all abilities, supportive environment. No class July 5 & Sept 6. Instr: Terrel Dean. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$29R/\$35N.

Class#	Age	Time	Days	Date
13223	18+ yrs	10:05-11am	Monday	Jun 7-Jul 19
13224	18+ yrs	10:05-11am	Monday	Aug 9-Sep 20

### Ballet for Advanced Students

For continuing students with experience in the basics of ballet technique. Class includes warm-up, floor and barre exercises, stretches and dance routines. NOTE: We will work exclusively on production for the Spring Recital, a \$5 supply fee is included. See page 22 for recital information. Instr: Thea Huijgen. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$121R/\$145N.

Class#	Age	Time	Days	Date
13230	15+ yrs	7:15-8:45pm	Tuesday	Apr 20-Jun 8

### Jazz/Ballet Fusion- Intermediate

Designed for those who took dance when they were younger and miss it. Class focuses on movement, ballet, and jazz dance, and having fun in a supportive environment. Class format is a no barre warm-up including stretching, isolations, and technique work, across-the-floor work, and final dance combinations to Instr: Terrel Dean. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$36R/\$43N.

Class#	Age	Time	Days	Date
13138	18+ yrs	6-7:15pm	Thursday	Jun 3-Jul 8
13141	18+ yrs	6-7:15pm	Thursday	Jul 22-Aug 26

### Hip-Hop 1

Some stretching and conditioning with emphasis on learning simple but energetic dance combinations. The instructor is careful to avoid the negative aspects of the hip-hop culture. No experience needed. No class May 31 & July 5.

Instr: Melanie Williams. Loc: Old Redmond Schoolhouse Community Center Room 102.

Class#	Age	Time	Days	Date	Fee
13162	13+ yrs	6:15-7:15pm	Monday	Apr 19-Jun 7	\$56R/\$67N
13170	13+ yrs	6:15-7:15pm	Monday	Jun 28-Aug 9	\$48R/\$58N



### Hip-Hop 2

Continuing class and some hip-hop experience is required. Stretching and conditioning with emphasis on learning challenging, energetic dance combinations. No class May 31 & July 5. Participation in the Spring Dance Recital for #13161, see page 22 for details. Instr: Melanie Williams.

Loc: Old Redmond Schoolhouse Community Center Room 102.

Class#	Age	Time	Days	Date	Fee
13161	13+ yrs	7:30-8:30pm	Monday	Apr 19-Jun 7	\$72R/\$86N
13169	13+ yrs	7:30-8:30pm	Monday	Jun 28-Aug 9	\$48R/\$58N

### Hip-Hop/Jazz Dance Workshop

Dancer and choreographer, Melanie Williams, is offering this intensive, dynamic, new dance workshop. Ideal for school dance teams or individuals interested in taking their dance skills to the next level! Work on conditioning, jumps, turns, staging, polishing your style and tons of choreography!! Space is limited, so sign up soon! Instr: Melanie Williams. Loc: Old Redmond Schoolhouse Community Center Room 102. Fee: \$120R/\$144N.

Class#	Age	Time	Days	Date
13172	13+ yrs	9am-12pm	Mon-Fri	Jul 26-30
13357	13+ yrs	9am-12pm	Mon-Fri	Aug 2-6

## Dance-Social Dance

For more information on Spencer and Elizabeth's dance classes and events, visit their web site at [www.ResilientSpirit.com](http://www.ResilientSpirit.com)

### Wedding Dance Preparation

Whether you are the soon-to-be bride or groom or you are anticipating a big wedding this coming year, knowing how to dance can be the difference between looking elegant or looking awkward. We will cover basic wedding dances such as Waltz, Foxtrot and Swing. Get the dance skills you need to look great at a wedding or formal event! This class is for couples only (no experience required). No class May 20. Instr: Spencer Howard & Elizabeth Shilling. Loc: Senior Center Multipurpose Room. Fee: \$50R/\$60N.

Class#	Age	Time	Days	Date
13096	15+ yrs	7:30-8:25pm	Thursday	May 6-Jun 10

### Ballroom Dance Sampler

Learn the basics of Waltz, Foxtrot, Cha Cha, Rumba, and more. Learn a new popular ballroom dance style each week. This is a great class for beginners! No class May 20. Instr: Spencer Howard & Elizabeth Shilling. Loc: Senior Center Multipurpose Room. Fee: \$50R/\$60N.

Class#	Age	Time	Days	Date
13158	15+ yrs	8:30-9:25pm	Thursday	May 6-Jun 10

## Hobbies & Interest

### Preparing Your Home For Sale

Learn how to Stage your home to sell quickly! Home Staging is all about preparing your home to present it in the best possible light to prospective buyers. Learn tips and techniques to help you prepare your home, both inside and out. Discuss what creates the biggest visual impact and the best return on your investment of time and money in preparing your home for sale. Instr: Wendy Woodside. Loc: Old Redmond Schoolhouse Community Center Room 103. Fee: \$15R/\$18N.

Class#	Age	Time	Days	Date
13087	18+ yrs	10am-12pm	Saturday	Apr 24
13088	18+ yrs	10am-12pm	Saturday	Jun 5

## Parenting

### At the End of Your Rope with Your Teen?

Is your family being torn apart by adolescent defiance? The CHANGE Insight program offers a practical, hands-on, and confidential peer support group for struggling parents. This well-established program has helped hundreds of Puget Sound families restore peace to their homes and set their children on the path to responsible adulthood. The group meets every Tuesday, 7-9:30pm. For questions or more information, please call 206-621-0312.

Instr: CHANGES Parent Support Network. Loc: Old Redmond Schoolhouse Community Center Room 203. Fee: FREE.

### Drugs and the At-Home Teenager

What's a parent to do? Your teenager is using drugs, or you suspect they are. What are your options? What resources are available?

Instr: Staff. Loc: Old Redmond Schoolhouse Community Center Room 105. Free

Class#	Age	Time	Days	Date
13940	18+ yrs	9:30am-12pm	Saturday	May 15

### Legal Rights Under Special Education Law

Advocacy for your child! Legal rights under the Special Education law and how to get the most out of the Individual Education Plan (IEP) process by working with your child's school. Instr: Staff. Loc: Old Redmond Schoolhouse Community Center Room 104. Free

Class#	Age	Time	Days	Date
13938	18+ yrs	9:30am-12pm	Saturday	Apr 24

## Safety

### First Aid and CPR - American Red Cross

Learn how to respond in emergency situations. Help an adult, child or infant who is not breathing or whose heart has stopped, reduce the risk of injuries in children and infants, and care for bleeding and non-life-threatening emergencies. Meets industrial and child care provider requirements. Please bring a sack lunch or dinner and a snack. You have 3 different options: 1) Adult, Child, and Infant CPR & First Aid, 2) Adult CPR & First Aid, and 3) Adult CPR Only. Please register based on which certification(s) you need. Instr: Redmond Firefighters.

Loc: Old Redmond Schoolhouse Community Center Room 105.

Fee: Class 1: \$75R/\$90N. Class 2: \$60R/\$72N. Class 3: \$35R/\$42N.

Class#	Age	Time	Days	Date	Loc
13863	15+ yrs	8-7pm	Saturday	May 8	Room 105
13864	15+ yrs	4:30-9:30pm	Monday &	Jun 7	Room 103
		4:00-10:pm	Wednesday	Jun 9	Room 103
13865	15+ yrs	8-7pm	Saturday	Jul 17	Room 103
13866	15+ yrs	4:30-9:30pm	Monday &	Aug 16	Room 103
		4-10pm	Wednesday	Aug 18	Room 103

## Photography

### Photography: The Flowers

Want to take better photos? Here's your chance to get instruction from professional photographer Marty Youngmann. Get to know your camera, learn about composition (what make a good photograph), simplicity of themes, and exposures at the first session. Meet at Bellevue Botanical Garden



for a Saturday photo shoot from 10am-12pm. Second Thursday meets for print critique. A workbook is included. Bring your camera, owner's instruction booklet, and film to the first class. You will need to provide your own camera (any type), one or more rolls of color print film (200 ASA is recommended), and complete your photo processing by the second class. Transportation is on your own to the Bellevue Botanical Garden, 12001 Main, Bellevue. Marty Youngmann has over forty years of experience as a photographer and has taught photography in Colorado for over 12 years. Instr: Marty Youngmann. Loc: Old Redmond Schoolhouse Community Center Room 103. Fee: \$47R/\$56N.

Class#	Age	Time	Days	Date
13110	15+ yrs	7-9pm	Thursday	Apr 29-May 6
		10am-12pm	Saturday	May 1

## Rock Climbing

### Women's Climbing Technique

An in-depth class that teaches efficient movement, footwork, balance and weight transfer. The perfect way to get ready for the outdoor season! Includes all equipment and a two-week membership to all three Vertical World locations. Limited space available. Instr: Vertical World Staff. Loc: Vertical World Climbing Wall, 15036 B-NE 95th Street, Redmond. Fee: \$45R/\$54N.

Class#	Age	Time	Days	Date
13782	16+ yrs	4-6pm	Sunday	May 23



### Women's Rock Climbing

An opportunity for women to learn the basics of rock climbing in a safe and non-threatening environment. Rope handling, knots, belaying and climbing technique will be covered in this introductory class. Includes all equipment and a two-week membership to all three Vertical World locations. Limited space available. Instr: Vertical World Staff. Loc: Vertical World Climbing Wall, 15036 B-NE 95th Street, Redmond. Fee: \$45R/\$54N.

Class#	Age	Time	Days	Date
13780	16+ yrs	4-6pm	Sunday	Jun 13

Teen / Adult



## Kayaking

### Kayak Roll Class

Whether you're an aspiring whitewater or flat-water paddler, learning how to right yourself when your boat turns over will give the confidence needed to become a solid boater. Begin with a classroom session, and then travel to Juanita Pool to practice the concepts with 90 minutes in the pool under the guidance of skilled instructors. All gear included. Meet at AquaSports (7907 159th Place NE, Redmond).

Instr: AquaSports Staff. Fee: \$55R/\$66N.

Class#	Age	Time	Days	Date
13508	13+ yrs	7-10pm	Friday	May 21
13509	13+ yrs	7-10pm	Friday	Jul 30

### Kayak Open Pool

Join us for Open Pool on Friday nights at Juanita Pool. This is an opportunity for students who have basic kayaking skills to practice and improve their techniques in the safety and comfort of a heated pool. Meet at Juanita Pool (10601 NE 132nd, Kirkland, next to Juanita High School). Please arrive at 8:30pm to wash your boat if you're bringing your own. Not available for Internet registration. Instr: AquaSports Staff.

Fee with your own boat: \$15R/\$18N.

Fee if you need to rent a boat: \$25R/\$30N.

Class#	Age	Time	Days	Date
13586	13+ yrs	9-10:30pm	Friday	May 28
13587	13+ yrs	9-10:30pm	Friday	Jun 25

### Introduction to Sea Kayaking

Get hooked on this perfectly Northwest way to enjoy our gorgeous waterways! In a 3-hour Friday evening classroom/pool session, followed by an all day Saturday class on Puget Sound, you'll learn fundamentals of boat balance, basic paddle strokes and bracing techniques, wet exits, recovery and reentry techniques. Tides, wind, currents and navigation also included. Boat/gear rental available for \$60 (if you don't own). Meet at AquaSports (7907 159th Place NE, Redmond).

Instr: AquaSports Staff. Fee: \$175R/\$210N.

Class#	Age	Time	Days	Date
13501	12+ yrs	6:30-10:30pm	Friday	Jun 4-5
		10am-5pm	Saturday	
13502	12+ yrs	6:30-10:30pm	Friday	Jul 23-24
		10am-5pm	Saturday	

### Introduction to Kayak Paddle Strokes

Learn kayaking basics in the safety (and warmth!) of an indoor pool. After a classroom session from a certified instructor, students will travel to Juanita Pool to work on developing fundamental safety and balance skills, including how to enter and exit a kayak, self-rescue techniques, paddle strokes and bracing. All gear included. Meet at AquaSports (7907 159th Place NE, Redmond).

Instr: AquaSports Staff. Fee: \$55R/\$66N.

Class#	Age	Time	Days	Date
13503	13+ yrs	7-10pm	Friday	Jun 11

### Introduction to Whitewater Kayaking

Experience the thrill of paddling the Great Northwest's rivers! We teach a step-by-step approach to respecting the river and learning to use its awesome power to have the time of your life. Class consists of two consecutive weekends: Friday evening pool session, Saturday and Sunday on the river. Learn basic paddle strokes, kayak roll, reading river features, and paddle skills up to Class II water. AquaSports rents boat/gear for \$120 (if you don't own). Meet at AquaSports (7907 159th Place NE, Redmond). Instr: AquaSports Staff. Fee: \$325R/\$390N.

Class#	Age	Time	Days	Date
13492	12+ yrs	6:30-10:30pm	Friday	Jul 9-18
		10am-5pm	Sat & Sun	

## Sea Kayak Trips

### Sea Kayak Trip - Bowman Bay

Looking for a great way to kick off your summer?

Travel to beautiful Bowman Bay on the north shore of Deception Pass where you will camp for two nights while exploring the western coastline of



Fidalgo Island. Your guides from Outdoor Adventures will lead on-the-water teaching sessions that allow students to practice skills including in-the-water sea kayak rescue, paddling with the current, crossing eddy lines and 'ferrying' across opposing currents. Includes all kayak equipment, life jacket, camping equipment, plus all meals while camping. Students are responsible for appropriate paddling attire, sleeping bag, and their own transportation to Bowman Bay. Program letter with directions will be mailed prior to class. Beginners welcome.

Instr: AquaSports Staff. Fee: \$275R/\$330N.

Class#	Age	Time	Days	Date
13621	12+ yrs	Leave 7pm	Friday	Jun 11-13
		Return 6pm	Sunday	

## Sea Kayak Trips continued

### San Juan Islands

Looking for the perfect family adventure that even your teenagers will enjoy? Come and explore the spectacular San Juan Islands and create a memory for a lifetime! You'll travel to Lopez Island and meet up with your guides from Outdoor Adventures, with whom you'll camp for three nights. On-the-water teaching sessions allow students to practice skills including in-the-water sea kayak rescue, paddling with the current, crossing eddy lines, and 'ferrying' across opposing currents. Includes all kayak equipment, life jacket, camping equipment, plus all meals while camping. Students are responsible for appropriate paddling attire, sleeping bag, and their own transportation to Lopez Island. Program letter with directions will be mailed prior to class. Beginners welcome.

Instr: AquaSports Staff. Fee: \$380R/\$456N.

Class#	Age	Time	Days	Date
13640	12+ yrs	Leave 7pm Return 10pm	Thursday Sunday	Aug 5-8

### San Juan Islands - Women Only

An opportunity to get away with the girls and work on your kayak skills in a relaxed and beautiful environment! Travel to Lopez Island and meet up with your guides from Outdoor Adventures, with whom you'll camp for three nights. On-the-water teaching sessions allow students to practice skills including in-the-water sea kayak rescue, paddling with the current, crossing eddy lines, and 'ferrying' across opposing currents. Course fee includes all kayak equipment, life jacket, camping equipment, plus all meals while camping. Students are responsible for appropriate paddling attire, sleeping bag, and their own transportation to Lopez Island. Program letter with directions will be mailed prior to class. Beginners welcome.

Instr: AquaSports Staff. Fee: \$380R/\$456N.

Class#	Age	Time	Days	Date
13645	12+ yrs	Leave 7pm Return 6pm	Thursday Sunday	Sep 9-12

## Fly Fishing

### Introduction to Fly Fishing

Get hooked on this fun and relaxing sport! Class covers knot tying, casting (including practice), insect identification, gear review, safe release of fish and more! Bring your rod and reel, or borrow one if needed. Textbook included. Instr: Tight Lines Angling.

Loc: Farrel-McWhirter Park Operations Building. Fee: \$65R/\$78N.

Class#	Age	Time	Days	Date
13427	12+ yrs	10am-4pm	Saturday	Jun 12
13428	12+ yrs	10am-4pm	Saturday	Sep 18

#### How to Read Class Info

<b>Class name</b>	<b>Beginning Pony Workshop</b>	<b>Instructor</b>	
<b>Description</b>	For the young, first time rider. Learn basic safety, grooming and riding techniques will be taught. Designed to prepare students for Just Horsin' Around I Western and English.	<b>Staff</b>	
<b>Location</b>	Location: F-M Park Barn.	<b>Fee: \$21R/\$24N</b>	
<b>Class Number</b>	<b>Class #</b> 10268	<b>Age</b> 4-8 yrs	<b>Time</b> 2:30-3:30pm
	<b>Age of Participant</b>	<b>Class Time each day</b>	<b>Day(s) Class Meets</b>
			<b>Days</b> Saturday
			<b>Date</b> Apr 19
			<b>Start/End Dates</b>
			<b>Resident Fee</b>
			<b>Non-Resident Fee</b>

## Martial Arts

### Tai Chi

This class focuses on the health of the whole person with a series of relaxed breathing and strengthening exercises. During the class, we practice a pattern slowly, with emphasis on healthy joints and movement, with a strong, relaxed body & mind. Tai Chi is practiced for strengthening and stretching the body, increasing energy (chi) flow, and calming the mind. We welcome people of all levels and physical abilities in these classes. We practice Yang style forms and the Korean Kwon Bup form. Instr: Trained Staff Enso Center. Loc: ENSO Center 8410 165 Ave NE, Redmond. Fee: \$30R/\$36N.

Class#	Age	Time	Days	Date
13445	12+ yrs	6:45-8pm	Tuesday	May 4-25
13446	12+ yrs	6:45-8pm	Tuesday	Jun 1-29
13447	12+ yrs	6:45-8pm	Tuesday	Jul 6-27
13448	12+ yrs	6:45-8pm	Tuesday	Aug 3-31

For more Martial Arts, see page 34.

## Sports

### Redwood Adult Golf

Learn the basic golf stance, swing motions, rules, and etiquette. By the end of these lessons students will be ready for golf on the course. Bring your own clubs or try our demo clubs. Instr: Trained Staff Redwood Golf Center. Loc: Redwood Golf Center Driving Range, 13029 Redmond-Wdnl Rd NE, Redmond. Fee: \$95R/\$114N.

Class#	Age	Time	Days	Date
13839	18+ yrs	12-1pm	Saturday	May 1-22
13840	18+ yrs	7-8pm	Wednesday	May 5-26
13841	18+ yrs	12-1pm	Saturday	Jun 5-26
13842	18+ yrs	7-8pm	Wednesday	Jun 2-23
13843	18+ yrs	12-1pm	Saturday	Jul 3-24
13844	18+ yrs	7-8pm	Wednesday	Jul 7-28
13846	18+ yrs	12-1pm	Saturday	Aug 7-28
13847	18+ yrs	7-8pm	Wednesday	Aug 4-25

### Volleyball - Spares & Pairs

Looking to play in a coed volleyball league, but can't put a team together? Then register as an individual or with a friend for Spares and Pairs Volleyball. Meet new people and improve your playing skills while enjoying volleyball in a more informal atmosphere. Instr: Staff. Loc: Rose Hill Junior High Gym. Fee: \$27R/\$32N.

Class#	Age	Time	Days	Date
13361	18+ yrs	6:30-9pm	Tuesday	Apr 20-Jun 1

## Open Gym

### Open Gym Volleyball

Day	Age	Time	Location	Dates
Fridays	13+ years	6-9pm	ORSCC Gym	4/2-6/25

Open Gym Fee: \$3 per person 13 yrs-adult at the door. No pre-registration required. Individuals and teams welcome. An adult must supervise children under the age of 10 years. Showers not available.



## Sports

### Adult Sports League Information

*Come experience the Benefits of Recreation while participating in one of our Adult Sport Leagues. Get a group of friends or co-workers together for some recreational sports action! There are several new leagues to choose from including Coed Soccer.*

2004 SPRING Registration	Dates	League Play
Spring Softball Leagues (Men's, Women's, and Coed)	2/10-3/11	TBA
Coed Spring Volleyball (Officiated)	2/10-3/11	April-June
Women's Basketball League	2/10-3/11	April-June
Coed Spring Soccer League	2/10-3/11	April-June

2004 SUMMER Registration	Dates	League Play
Summer Softball Leagues	5/11-6/10	July-Aug
• Coed Weeknight GL/Perrigo League		
• Coed Modified Hartman League		
• Coed Sunday GL/Perrigo League		
• Men's Weeknight GL/Perrigo League		
Coed Summer Soccer League	5/11-6/10	July-Aug
Men's Summer Baseball League	5/11-6/10	July-Sept

2004 FALL Registration	Dates	League Play
Coed Fall Sunday Softball League	7/20-8/19	Sept-Oct
Men's Fall Weeknight Softball League	7/20-8/19	Sept-Oct
Men's Fall Basketball League	7/20-8/19	Sept-Nov
Women's Fall Basketball League	7/20-8/19	Sept-Nov
Coed Fall Soccer League	7/20-8/19	Sept-Dec
Coed Fall Volleyball League	7/20-8/19	Sept-Dec

### LEAGUE INFORMATION

- For additional information or to be placed on a mailing list, please contact the recreation office at 425-556-2300 ext. 3
- Registrations are accepted for teams only
- Players looking to be placed onto a team may call the recreation office to be placed on an interested players list
- Most leagues are broken into competitive and recreational divisions

### Redmond Parks & Recreation Department Memorial Weekend Coed Soccer Tournament Saturday & Sunday, May 29-30, 2004

*Attention Team Managers!! Join us as we celebrate our two new soccer fields at Perrigo Park! Each team will play at least three games (30-minute halves). The top four teams in each division will qualify for up to two additional games (semifinal and final games).*

**Game Locations:**

- Grass Lawn Park, 7031 148th Ave NE, Redmond WA
- Perrigo Park, 9011 196th Ave NE, Redmond WA

(both locations have sport turf surfaces)

**Ages/Divisions:** Open Coed and Over 30 Coed  
Recreational Divisions

**Registration:** The registration deadline is Thursday, May 13. Team rosters will be collected before your first scheduled game. All players must have a current WSSA Player Card. For more registration information please contact Tami Cobb by email at [tcobb@redmond.gov](mailto:tcobb@redmond.gov) or by calling 425-556-2377. You may also check out our website at: [www.redmond.gov](http://www.redmond.gov)

**Fee:** \$225 per team **Awards:** Winning team in each division will receive championship T-shirts.

## Tennis

### Tennis Workshops

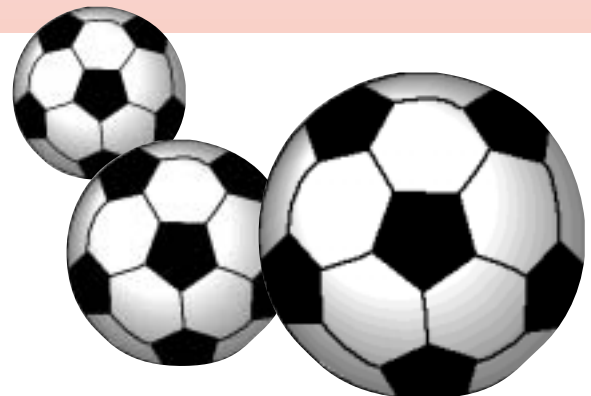
Join Tennis Pro Bobby Troup for an exciting fun-filled day. These one-day workshops are designed for players who are at least at the 3.0 level. You must be able to serve consistently, keep score and keep up with fast-paced drilling. The courts will be divided up by ability level. From 9am to Noon you will work on drills, strategy and stroke. Then you will break until 3pm when you will start a doubles tournament. At 5pm there will be a doubles exhibition. If you have questions about the workshop format please e-mail [bobbytroup@myway.com](mailto:bobbytroup@myway.com). Instr: Bobby Troup. Loc: Grass Lawn Park Tennis Courts. Fee: \$75R/\$90N.

Class#	Age	Time	Days	Date
13816	18+ yrs	9am-6pm	Saturday	Jul 24
13818	18+ yrs	9am-6pm	Sunday	Jul 25
13819	18+ yrs	9am-6pm	Saturday	Aug 7
13820	18+ yrs	9am-6pm	Saturday	Aug 28

### City Championship Tennis Tournament

Join us for the First Annual Tournament. Adults ages 17 & up are welcome. There are four levels offered for both men and women in this tournament: Open, A, B, & C. Open is 5.0 and above; A is 4.0-4.5, B is 3.0-3.5, C is 2.0-2.5. If you are unsure what level you are and you have taken classes from Parks and Recreation, this will help: Advanced Beginners or Intermediate students would fit into C; Advanced Intermediate students would fit into B. If you still have questions about this, please email [bobbytroup@myway.com](mailto:bobbytroup@myway.com) or [cdixon@redmond.gov](mailto:cdixon@redmond.gov). Instr: Bobby Troup. Loc: Grass Lawn Park Tennis Courts. Fee: \$20R/\$34N.

Class#	Categories	Time	Days	Date
13821	Men's Open	6-9pm	Fri, Sat, Sun	Aug 20-22
13822	Women's Open	6-9pm	Fri, Sat, Sun	Aug 20-22
13823	Men's A	6-9pm	Fri, Sat, Sun	Aug 20-22
13824	Women's A	6-9pm	Fri, Sat, Sun	Aug 20-22
13825	Men's B	6-9pm	Fri, Sat, Sun	Aug 20-22
13826	Women's B	6-9pm	Fri, Sat, Sun	Aug 20-22
13827	Men's C	6-9pm	Fri, Sat, Sun	Aug 20-22
13828	Women's C	6-9pm	Fri, Sat, Sun	Aug 20-22
14013	Men Doubles	6-9pm	Fri, Sat, Sun	Aug 20-22
14014	Women Doubles	6-9pm	Fri, Sat, Sun	Aug 20-22



# Tennis

Teen / Adult

## Tennis Classes - Adults

Learn the basics or polish your skills during these classes for ages 17+. Meet twice weekly for four weeks. Maximum class size is eight participants. Provide your own racquet and one new can of tennis balls for class

**INSTRUCTORS:** Bobby Troup at Grass Lawn Park and  
Marceil Whitney Trained Instructors at Perrigo Park  
**LOCATION KEY:**

GL - Grass Lawn Park, 7031 148 Ave NE, Redmond  
Perrigo - Perrigo Park, 9011 196th Ave NE, Redmond

## PREQUISITES FOR CLASSES

**Beginner:** No experience or lessons.  
**Advance Beginner:** Had beginner class or has some skill in forehand and backhand, serve and scoring.  
**Intermediate:** Good forehand and backhand, consistent serve and volley, knowledge of scoring.  
**Advance Intermediate:** Consistent game skills; strategy and variations of serves, strokes will be taught.

## Tennis Lessons for the Beginner 17+yrs

No class May 31 & Sept 6.

Class#	Time	Days	Date	Loc	Fee
<b>Morning</b>					
13987	9:30-10:30am	Mon-Thu	Jul 12-22	Perrigo	\$52R/\$62N
13988	9:30-10:30am	Mon-Thu	Jul 26-Aug 5	Perrigo	\$52R/\$62N
13989	9:30-10:30am	Mon-Thu	Aug 9-19	Perrigo	\$52R/\$62N
<b>Evening</b>					
13790	6-7pm	Mon, Wed	Apr 19-May 12	GL	\$52R/\$62N
13794	6-7pm	Mon, Wed	May 17-Jun 14	GL	\$52R/\$62N
13852	8-9pm	Mon, Wed	May 17-Jun 14	GL	\$52R/\$62N
13795	6-7pm	Mon, Wed	Jun 21-Jul 14	GL	\$52R/\$62N
13985	6-7pm	Tue, Thu	Jul 6-29	Perrigo	\$52R/\$62N
13984	6-7pm	Mon, Wed	Jul 7-28	Perrigo	\$42R/\$50N
13796	6-7pm	Mon, Wed	Jul 19-Aug 11	GL	\$52R/\$62N
13858	8-9pm	Mon, Wed	Jul 19-Aug 11	GL	\$52R/\$62N
13986	6-7pm	Mon, Wed	Aug 2-25	Perrigo	\$52R/\$62N
13797	6-7pm	Mon, Wed	Aug 16-Sep 13	GL	\$52R/\$62N

## Tennis Lessons for the Intermediate 17+yrs

Class#	Time	Days	Date	Loc	Fee
<b>Morning</b>					
13996	11:30am-12:30pm	Mon-Thu	Jul 12-22	Perrigo	\$52R/\$62N
13997	11:30am-12:30pm	Mon-Thu	Jul 26-Aug 5	Perrigo	\$52R/\$62N
13998	11:30am-12:30pm	Mon-Thu	Aug 9-19	Perrigo	\$52R/\$62N
<b>Evening</b>					
13806	6-7pm	Tue, Thu	Apr 20-May 13	GL	\$52R/\$62N
13807	6-7pm	Tue, Thu	May 18-Jun 10	GL	\$52R/\$62N
13854	8-9pm	Tue, Thu	May 18-Jun 10	GL	\$52R/\$62N
13808	6-7pm	Tue, Thu	Jun 22-Jul 15	GL	\$52R/\$62N
13809	6-7pm	Tue, Thu	Jul 20-Aug 12	GL	\$52R/\$62N
13859	8-9pm	Tue, Thu	Jul 20-Aug 12	GL	\$52R/\$62N
13810	6-7pm	Tue, Thu	Aug 17-Sep 9	GL	\$52R/\$62N
13994	7-8pm	Tue, Thu	Jul 6-29	Perrigo	\$52R/\$62N
13993	7-8pm	Mon, Wed	Jul 7-28	Perrigo	\$42R/\$50N
13995	7-8pm	Mon, Wed	Aug 2-25	Perrigo	\$52R/\$62N

## Tennis Lessons for the Advanced Beginner 17+yrs

No class May 31 and Sept 6.

Class#	Time	Days	Date	Loc	Fee
<b>Morning</b>					
13990	10:30-11:30am	Mon-Thu	Jul 12-22	Perrigo	\$52R/\$62N
13991	10:30-11:30am	Mon-Thu	Jul 26-Aug 5	Perrigo	\$52R/\$62N
13992	10:30-11:30am	Mon-Thu	Aug 9-19	Perrigo	\$52R/\$62N
<b>Evening</b>					
13798	7-8pm	Mon, Wed	Apr 19-May 12	GL	\$52R/\$62N
13802	7-8pm	Mon, Wed	May 17-Jun 14	GL	\$52R/\$62N
13803	7-8pm	Mon, Wed	Jun 21-Jul 14	GL	\$52R/\$62N
13856	8-9pm	Mon, Wed	Jun 21-Jul 14	GL	\$52R/\$62N
13804	7-8pm	Mon, Wed	Jul 19-Aug 11	GL	\$52R/\$62N
13805	7-8pm	Mon, Wed	Aug 16-Sep 13	GL	\$52R/\$62N
13861	8-9pm	Mon, Wed	Aug 16-Sep 13	GL	\$52R/\$62N

## Tennis for the Advanced Intermediate 17+yrs

Class#	Time	Days	Date	Loc	Fee
<b>Evening Only</b>					
13811	7-8pm	Tue, Thu	Apr 20-May 13	GL	\$52R/\$62N
13812	7-8pm	Tue, Thu	May 18-Jun 10	GL	\$52R/\$62N
13813	7-8pm	Tue, Thu	Jun 22-Jul 15	GL	\$52R/\$62N
13857	8-9pm	Tue, Thu	Jun 22-Jul 15	GL	\$52R/\$62N
13814	7-8pm	Tue, Thu	Jul 20-Aug 12	GL	\$52R/\$62N
13815	7-8pm	Tue, Thu	Aug 17-Sep 9	GL	\$52R/\$62N
13862	8-9pm	Tue, Thu	Aug 17-Sep 9	GL	\$52R/\$62N
14000	8-9pm	Tue, Thu	Jul 6-29	Perrigo	\$52R/\$62N
13999	8-9pm	Mon, Wed	Jul 7-28	Perrigo	\$42R/\$50N
14001	8-9pm	Mon, Wed	Aug 2-25	Perrigo	\$52R/\$62N

## Fitness

### FREE Fitness Week - May 3-7, 2004.

Try any of the following classes FREE for this entire week! No pre-registration required. All fitness levels are welcome!

#### Fitness

After safe maximum room capacity is reached in these classes, no more drop-ins or punch cards will be allowed, participants signed up for the entire class will have priority. If you cannot sign up for the entire class, a drop-in fee of \$5.00 may be paid each night at the door. SIGN UP FAST - SPACE IS LIMITED!

#### Body Sculpting

Increase strength, flexibility, and tone muscle! This class consists of a warm-up and light stretch, then we pump it up with 5 to 8 minute cardio intervals and free weight segments. Finishing off with a cool down and stretch. Not only are we working to increase and sculpt the muscles with the free weights, but by adding intervals of cardio we also increase the fat burning abilities of the body. No class May 31 & July 5.

Instr: Staff. #13512 meets in ORSCC Rm 104,

#13590 meets in ORSCC Auditorium

Fee: \$128R/\$154N.

Class#	Age	Time	Days	Date
13512	13+ yrs	6:45-7:45pm	Mon, Wed	May 3-Aug 25
13590	13+ yrs	6:45-7:45pm	Tue, Thu	May 4-Aug 26

#### Ab Lab

Don't forget your abdominal region! In Ab Lab we focus on strengthening and toning the abdominal and lower back muscles. Along with looking great you can obtain improved posture and balance. No class May 31 & July 5.

Instr: Staff. Loc: Old Redmond Schoolhouse Community Center Room 104. Fee: \$64R/\$77N.

Class#	Age	Time	Days	Date
13470	13+ yrs	7:50-8:20pm	Mon, Wed	May 3-Aug 25

#### Rock Bottom Conditioning

Are you looking to define and tone your lower body? Then this is the place for you. In this half-hour class, the lower body is the sole focus. We will strengthen, tone, and define the abdominals, gluts, quadriceps, hamstrings and calf muscles with weights and bands. Instr: Staff. Loc: Old Redmond Schoolhouse Community Center Auditorium.

Fee: \$68R/\$82N.

Class#	Age	Time	Days	Date
13619	13+ yrs	7:50-8:20pm	Tue, Thu	May 4-Aug 26

## Jazzercise

jazzercise  
It shows.



Jazzercise, created by Judi Sheppard Missett, is the world's leading dance fitness program! Each 60-minute class offers a blend of jazz dance and exercise science choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics.

At Jazzercise, we combine a great cardiovascular workout with resistance training and stretching that will increase your muscle tone, flexibility, balance, strength, and endurance using easy-to-follow movements.

Registration is ongoing on a drop-in basis. Start anytime.

Classes are often a mixture of new customers and customers who have been doing Jazzercise for a long time. To make the workout effective for all fitness levels, low impact options are shown throughout the class. Any loose, comfortable clothes are fine. Most people wear bike shorts or jazz pants and a bra top or T-shirt. Bring along a towel or exercise mat for the floor work. Good, rubber-soled aerobic shoes are recommended. New students are welcome to try their first class free. Childcare will be available for \$1.50 per child in the 9:30 AM classes only. No class May 31 & July 5 & 10.

Instr: Karmen Harris and Liz Martz.

Phone: 425-898-1561 Jazzercise Registration and Class Information

Loc: Old Redmond Community Center Gym --MORNING  
Old Redmond Community Center Auditorium -  
EVENING & SATURDAY

FEE: EFT\* \$36/mo - 8 week pass \$85.

AGE	TIME	DAYS	DATE
13+	8:00am	M/W/F	Ongoing
13+	9:30am	M/T/W/Th/F	Ongoing
13+	5:30pm	M/T/Th	Ongoing
13+	8:30am	Sat.	Ongoing

\*EFT = Electronic Funds Transfer. Monthly withdrawal from Checking, Visa, MasterCard or Discover. Initial Startup by cash/check only.





## Yoga

*Iyengar Yoga is a precise progressive study method of Hatha Yoga that is meant for people of all ages, both genders, and varying degrees of physical health. Importance is given to the practice of standing asanas (poses). Emphasis is given to precision and alignment in all postures whether they are standing, sitting, twisting, inverted, forward bending, backward bending or supine postures. The use of props, belts, blocks, and ropes are used to help the practitioner learn to perform the posture with precision they may not have been able to achieve without the props. Instructors are affiliated with [www.joniwellness.com](http://www.joniwellness.com), please visit for additional information, yoga photos, current calendar and more.*

Instructor Contacts	E-mail	Phone
Susan Thomas	<a href="mailto:susan@joniwellness.com">susan@joniwellness.com</a>	425-260-1049
Misty Evans	<a href="mailto:misty@joniwellness.com">misty@joniwellness.com</a>	425-761-8974
Allison Whiteley	<a href="mailto:allison@joniwellness.com">allison@joniwellness.com</a>	425-438-9522

**Yoga make-ups:** Students are encouraged to make up missed classes. They may be made up in an appropriate level class any time during the current session. In lieu of making up the class yourself, you may bring a friend to your class or accompany them to a lower level (Intro) class.

**Drops-Ins** are welcome with instructor's permission. Fee is \$14R/\$17NR.

### Iyengar Yoga Introductory

Learn to be more comfortable in your body with this introductory class. Receive the benefits of postural improvement, strength, flexibility, stress reduction, and general enhancement of quality of life. This class is a prerequisite for Level 1. No prior experience necessary. Yoga sticky mat & yoga belt required (may be purchased on 1st day of class from instructor or bring your own). No class May 31.

Loc: Anderson Park Adair House. Fee: \$96R/\$115N.

Class#	Age	Time	Days	Date	Instr
13868	13+ yrs	5:45-7:15pm	Monday	May 3-Jun 28	Allison
13869	13+ yrs	7:30-9pm	Tuesday	May 4-Jun 22	Susan
13870	13+ yrs	5:45-7:15pm	Monday	Jul 5-Aug 23	Allison
13871	13+ yrs	7:30-9pm	Tuesday	Jul 6-Aug 24	Susan

### Iyengar Yoga Level 1

Ongoing Iyengar Yoga with focus on standing poses, basic principles of alignment and breath, and inversions are introduced. Prerequisite: at least one completed 8-week series of Introductory Iyengar Yoga or permission of Instructor. Props required: mat, belt, shoulder stand pads. (May be purchased on first day of class from instructor)

Loc: Anderson Park Adair House. Fee: \$96R/\$115N.

Class#	Age	Time	Days	Date	Instr
13873	13+ yrs	5:45-7:15pm	Tuesday	May 4-Jun 22	Susan
13874	13+ yrs	9-10:30am	Saturday	May 8-Jun 26	Misty
13875	13+ yrs	5:45-7:15pm	Tuesday	Jul 6-Aug 24	Susan
13876	13+ yrs	9-10:30am	Saturday	Jul 17-Sep 4	Misty

### Iyengar Yoga Level 1-2

Level 1 class with some additional challenges for more experienced students. Prerequisite: same as Level 1.

Instr: Allison Whiteley. Loc: Anderson Park Adair House.

Fee: \$96R/\$115N.

Class#	Age	Time	Days	Date
13878	13+ yrs	7:30-9pm	Monday	May 3-Jun 28
13879	13+ yrs	7:30-9pm	Monday	Jul 5-Aug 23

### Iyengar Pre-Natal Yoga

Yoga is about union, union within yourself, harmony between you and all that is within your world, union between you and your baby. This class will help you create a space that your baby feels welcome to enter and will provide you with poses to help you adjust to your changing body. Props needed: Yoga sticky mat and yoga belt required (may be purchased from instructor 1st day of class or bring your own) and two pillows. Individual class drop-ins welcome! Please contact instructor for details. Instr: Misty Evans. Loc: Anderson Park Adair House. Fee: \$96R/\$115N.

Class#	Age	Time	Days	Date
13888	13+ yrs	5:45-7:15pm	Wednesday	May 5-Jun 23
13880	13+ yrs	5:45-7:15pm	Wednesday	Jul 7-Aug 25

## ViniYoga

### Viniyoga

Viniyoga focuses on the individual by adapting to individual needs. It is not about having the perfect pose or putting yourself into pretzel poses. It emphasizes linking the breath to the movement. It is through this dynamic movement that changes in the body occur. Practicing yoga increases flexibility, strength, energy, and vitality and promotes stillness of the mind. Bring yoga mat and blanket to class. No class Apr 13.

Instr: Kathryn Fischer. Loc: Old Redmond Schoolhouse Community Center Room 204. Fee: \$50R/\$60N.

Class#	Age	Time	Days	Date
13413	18+ yrs	5:45-7pm	Tuesday	May 4-Jun 1
13417	18+ yrs	5:45-7pm	Tuesday	Jun 8-Jul 6